

Neonatal Drug Guideline

COLECALCIFEROL (Vitamin D)

DESCRIPTION AND INDICATION FOR USE

Vitamin D is important in supporting a range of physiological processes including neuromuscular function and bone mineralisation.

Vitamin D is a positive regulator in calcium homeostasis which enhances absorption of calcium from the small intestine, as well as mobilisation of calcium from bones. It also acts on the kidneys to retain calcium and phosphorus.

DOSE

NOTE: Doses are to be prescribed as UNITS

Commence in all infants with a **gestational age less than 37 weeks** AND/OR **birth weight less than 2 kg** AND/OR **'at risk' infants** e.g. maternal vitamin D deficiency, darker skin or covered skin, on **Day 5 of life** **AND when tolerating more than 1 mL of enteral feed 2 hourly for at least 12-24 hours.**

PREVENTION OF OSTEOPENIA OF PREMATURITY

ORAL/NGT:

500 units (0.1 mL) ONCE daily

NOTE – dose is NOT per kg

PREPARATION

Oral liquid (OsteVit-D[®]) contains colecalciferol 1000 units/0.2 mL

ADMINISTRATION

Best given with feeds to minimise gastrointestinal irritation

SIDE EFFECTS

- Infrequent – hypercalcaemia including vomiting, constipation, sweating and polyuria

NURSING RESPONSIBILITIES

- Observations/Monitoring: nil required with standard dosing
- For prevention of osteopenia of prematurity, continue colecalciferol supplementation until infant is 12 months of age. The standard dose of 500 units/day continues throughout the first 12 months of life and dose not require adjustment for growth.
- There are several commercial colecalciferol liquid preparations available over the counter with varying concentrations of colecalciferol. Ensure a prescription is provided on discharge.